

## **Cardiac/ Sternal Precautions:**

To be followed after cardiac surgery and recommended by your physician

1. Do not lift, push or pull any objects, especially those over 8 pounds ( a gallon of milk is 8 lbs). This includes not lifting your own weight; use your legs and not your arms to get up out of the chair.
2. Support the chest when you cough- gently hug your pillow while you cough – vital after the first two weeks of surgery.
3. Roll down to bed on your side instead of lying directly back; this will put less stress on the chest incision.
4. Avoid twisting, bending or reaching across your body.
5. Do not lift above 90 degrees.
6. What is necessary in recovery is coughing and deep breathing. Cough with support of a pillow over your breastbone, this helps open the small airsacs and helps to remove the extra mucus.
7. If you hear clicking or popping noises around your breast bone or in your chest, tell your doctor immediately
8. Avoid long periods of over the shoulder activity